

Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Winter 2016/17

Dear members

Welcome to our first newsletter in 2017; we have had quite a cold spell so far but I am looking forward to the warmer brighter weather in the coming months.

Firstly and foremost I would like to remind you that it is now a year since we were blessed with Catherine Abrahams our Outreach Coordinator. She has proved to be infallible; she has made contact with past and present members, arranged activities; hosted the club, looked for funding; produced the newsletter; ferried people to and from the club, link with other organisations, updates the website etc., etc. I could go on but those of you who have met her will know what I am trying to say.

Catherine has provided information that shows that there is a need for an outreach coordinator for Active Lifestyles. I was able to obtain funding in 2015 for Catherine's post but

that is not endless and I hope to prove to funders that she is a valuable asset so we can benefit from her experience in years to come. I hope members will let her know that too.

Since our last committee meeting we have decided to reduce our rental time at the club to 6 hours instead of 7 in order to reduce cost.

We are pleased to see that the 2017 renewal for membership went well and Angie is still accepting new membership and membership renewals. Remember becoming a member goes with benefits apart from the lovely food, educational and social occasions, you receive a regular newsletter, and reduced costs for trips and other events.

On our return in January 2017 after the Christmas holidays members decided on their annual holiday for this year which will be to Austria from 16th to 23rd September 2017;



Happy Birthday to our Members

December

Urla Rollins
Jonathan Andrews
Rafina Bardell
Melda Liburd
Indrani Price-Jones

January

Violet Rollins
Kumaree Nirmala
Vanessa Frances
Christine Rohan
Bridget Gibson
Comfort Tetsola
Pauline Stapleton

February

Devi Kularatne
Philip Morris
Robert Wallace
Lourdes Pons
Nigel Rushton
Simon Yeap
Stella Selvarajah

Please let us know if you have any special anniversaries or life events you would like to share with your friends at the club and we will do our best to include them.

Message from the Chair (continued)

please contact Valerie for further information. Remember travelling in a large group reduces costing.

We are organising other events for the coming year, such as our 24th June Dance to help raise funds to keep the club running. Also our Annual General Meeting on 21st April which we would welcome new members on the committee, such as Kumaree Nirmala; please contact me if you would like to know more about this. We are also hoping to host a larger event for Black History Month in October 2017 with lots of fun and activities so watch this space!

Please continue to send Catherine information for the newsletter; this could be anything from poetry to up and coming events/ religious events or activities for other clubs you attend.

Our thoughts continue to be with the bereaved families as we attend more funerals. Also those who are unwell or in hospital; we wish them good health and speedy recovery.

Best wishes Andrene

How to deal with bogus callers

Bogus callers pretend to be someone they are not in an attempt to gain entry to your home. They succeed because they sound believable. Follow these simple steps to make sure they are who they claim to be:

- § Think before you open the door. Were you expecting anybody? Always use your chain. Don't let anyone in until you are sure they are genuine.
- § Ask for proof of identity. If you are still unsure, call the company (obtain the number from the telephone directory as their ID cards may be false). Genuine callers won't mind.
- § Beware of callers who attempt to distract you and make you leave the house - they may have an accomplice waiting to get in.
- § If you are not convinced that the caller is genuine do not let them in. **"If in doubt, keep them out"**.
- § Never put money or possessions at the door.
- § Call the non emergency number on **101** to report suspicious activity
- § In an emergency call **999**.

ActionFraud

National Fraud & Cyber Crime Reporting Centre

 **0300 123 2040** 

<http://www.actionfraud.police.uk/>

Thought for the Day

HOW TO BE HAPPY

*decide every morning
that you are in a good mood*

Recent Club Events

Christmas Party

The week before Christmas over 50 members gathered with family and friends to celebrate the festive season together.

We fortified ourselves with delicious samosas cooked by Kumaree and ginger beer from Mrs Wallace before tackling Jim's fun Christmas quiz. It was a close contest with one clear winner, but 3 runners up with the same score.

We then sang some of our favourite carols before a short talk from our guest speaker, Michael Wallace from the Metropolitan Police.



Pauline did us proud as always with a delicious 3 course lunch, with choice of turkey, lamb or fish for a main course.

Our raffle had lots of prizes, so there were lots of chances to win something. Nobody went home empty-handed, however, as Valerie had organised a present for everyone.



Thank you to the committee who worked hard to decorate the room and organise entertainment and presents for everyone. And thank you to everyone else who contributed food, raffle prizes, and help with setting up and clearing away etc.

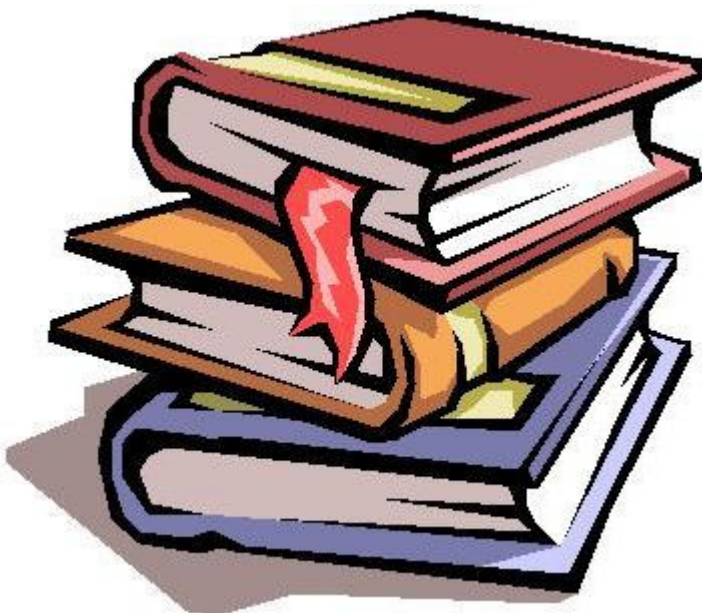
We recently had a very interesting talk from Richard Marpole, Library Manager at Marshalswick Library, who told us about some of the services offered by Hertfordshire Libraries. Membership is free, and gives you access to a wide range of services.

As well as books (both normal and large print), you can borrow ebooks, audio books and some magazines.

Each library has a collection of newspapers, magazines, and periodicals which cannot be borrowed but are freely available for customers to read in the library. St Albans Library has publications such as *The Voice*.

If a disability means you are unable to travel to the library, or have a health condition which means you cannot leave home alone, or you care for someone affected by this, you may be eligible for the Home Library Service, where volunteers bring the library to you. Also, if you enjoy getting out and talking to people, why not become a library volunteer yourself? For more information visit the webpage, or call into your nearest library. There are libraries in St Albans city centre (in The Maltings) in Marshalswick, London Colney, and throughout the surrounding area.

<https://beta.hertfordshire.gov.uk/about-the-council/volunteering/libraries-and-archives/home-library-service-volunteer/home-library-service-volunteer.aspx>



Five Ways to Wellbeing

A leading UK think tank (the new Economics Foundation) has suggested five key actions which can help you to stay happy and healthy. The basic idea is that engaging with these areas within your everyday lives will help to improve and maintain your physical, mental and social wellbeing.

1. **Connect** – keep in touch with family, friends and neighbours. And bring them to our club meetings!
2. **Be Active** – where possible, try to move more. Take part in activities that you enjoy and you'll forget you are even exercising at all!
3. **Take Notice** – be aware of the world around you. Where possible try to take some time everyday to think about the areas of your life that make you smile.
4. **Learn** – you are never too old to learn something new. By trying new things you keep your brain active and alert.
5. **Give** – Why not do something nice for a friend, relative or a member of your community? You could even volunteer your time to help others in need.

Adapted from an article by Matthew Charles, Head of Health and Wellbeing for Age UK Hertfordshire

For more Information and Advice
at a place near you telephone
0300 345 3446



Save the Date

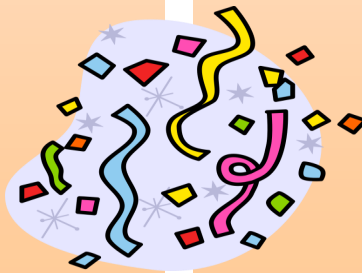
SUMMER DANCE

Saturday 24th June 2017

Food
Dancing
Entertainment
Raffle

Harpenden Rugby Club,
Redbourn Lane
Harpenden
AL5 2BA

Tickets £15 or £10 if bought
before 30th April 2017



Our website

We hope you enjoy reading the newsletter. We are always happy to hear your thoughts, comments and suggestions. We will try to include all your contributions, but sometimes there just isn't enough space to include everything. For the same reason, we may sometimes have to edit pieces before publication.

Please remember, however, that our newsletter is only published four times a year, but our website is updated on a regular basis. If you have access to the internet, remember to take a look. There are lots of photos, and more details about our activities.

www.activelifestyles.org.uk

Or contact Catherine on

outreach@activelifestyles.org.uk

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Dates for your Diary

3rd February – Games

10th February - Keep Fit with Nigel Rushton

17th February - Computer Friendly

24th February - Mystery Trip. No club meeting

3rd March - Rod Wiltshire speaking on prostate cancer

14th April - Good Friday . Club Closed

21st April - AGM

Programme

What do you like to do in your spare time? If you have a special interest or hobby that you would like to share with the rest of the club, please contact a member of the committee – we would love to hear from you. Or if you know someone who would like to come and talk to us, or give a demonstration, let us know. It is always good to learn something new.

Unless stated otherwise, all meetings start at 12.30pm, at

Townsend Bowls and Tennis Club

8 Waverley Road

St Albans, AL3 5PA

NOTE: the programme is made in advance, and may be subject to change.

For up to date information on our news and events see our website

www.activelifestyles.org.uk